

## ABSTRACT OF THE DISCLOSURE

An exercise harness for an animal which comprises three elements: (a) a web of flexible material adapted to be affixed to the body of the animal in a region adjacent to the animal's front legs and/or rear legs; (b) at least one strap, connected to the web and adapted to retain the web on the animal; and (c) a measured weight attached to the web by a holding device, such as a pocket, clip or the like. This weight is preferably removable and replaceable with weights of different sizes.